

Grape Leaves (Dolmades)

Ingredients:

- 60 vine leaves, drained and rinsed
- 250g rice (1 cup)
- 1 cup olive oil
- 2 onions, chopped finely
- 2 cups warm water
- juice of 2 lemons
- 2 tbsps. Chopped dill
- 1/2 a cup chopped parsley
- salt and pepper



Instructions:

Start by preparing the vine leaves. You can use vine leaves sold in jars. Rinse the vine leaves, remove the stems and leave them in a colander to drain.

Place the rice in a colander & rinse with running water. Heat a large saucepan over medium heat, add 1/3 of the olive oil & the chopped onions.

Sauté the onions.

Add the rice & sauté for 1 more minute. Pour in 2 cups of warm water & half lemon juice and simmer for about 7 minutes, until the rice absorbs all the water. Season with salt & pepper, stir in the herbs, remove from the stove & set aside to cool down for a while.

Layer the bottom of a large pot with some vine leaves and start rolling the dolmadakia. Place one vine leaf (shiny side down) on a flat surface and add 1 tsp of the filling at the bottom end (stem). Be careful not to overfill the dolmades, as the rice will expand during cooking. Fold the lower section of the leaf over the filling towards the center; bring the two sides in towards the center and roll them up tightly. Place the stuffed vine leaves (fold side down) on the bottom of the pot and top in snugly layers.

Drizzle the stuffed vine leaves (dolmathes) with the rest of the olive oil and lemon juice and season with salt and pepper. Place an inverted plate on top to hold them down when cooking and pour in enough water just to cover them. Place the lid on and simmer the dolmades for about 30-40 minutes, until the water has been absorbed and the dolmades remain only with the oil.

Remove the pot from the heat, remove the lid & plate and let the dolmades cool for at least 30 minutes. Serve appetizer cold or at room temperature with a squeeze of a lemon.

<https://www.themediterraneandish.com/stuffed-grape-leaves-dolmades/>